

## Sleepover Program FAQs

### **Won't it be more stressful on the dog to come back to the shelter?**

While that has always been the popular mindset, the interesting data collected by a team of students and animal behavior researchers has shown us that a short break from the shelter is closely related to taking a weekend from work. While it doesn't remove stress altogether, it does lower their cortisol levels enough so that when they return, they are far less stressed than when they left?

### **Do I have to adopt the dog after a Sleepover?**

Absolutely not. Adoption is not the intention or expectation behind the program. If you can't see life without your new buddy, you are absolutely welcome to come down and adopt.

### **What do we do all weekend?**

Well, pretty much whatever you and your new buddy enjoy doing. Think of it like an extended Doggie Day Adventure. Whether you'd like to hit the hiking trails or binge watch Forensic Files, your Slumber Buddy is just happy to spend some time with you. Some dogs may prefer to catch up on rest and some may prefer to stay active. Dogs that are not recovering from recent surgery can enjoy a bubble bath. Adventure rules still apply- no dog parks and your buddy must be on leash if they are not safely confined in your enclosed yard.

### **Do I have to be with them the whole time?**

You're not expected to be joint at the hip, however the idea is that the dog gets to spend time relaxing and enjoying their time away from the shelter. We'll send you with a crate or exercise pen to confine the dog, but they may need some basic management and training to feel comfortable while you're away. We don't recommend doing a Sleepover if you've got a very busy, away from home, weekend planned.

### **What do I need?**

First, you'll need to register to [join the Sleepover Program!](https://forms.gle/Jqn2xPttDXF4KeRp9) (https://forms.gle/Jqn2xPttDXF4KeRp9). Once you've completed your registration, [select the date you would like to pick up your foster for a sleepover](https://www.signupgenius.com/go/904094EABAE2BA7FC1-adventure) (https://www.signupgenius.com/go/904094EABAE2BA7FC1-adventure).

Once you've done that, we'll send you one final document to bring in with you at the time of your appointment. When you arrive for your appointment, we'll photocopy your ID and introduce you to your Slumber Buddy. After you've made friends, we'll load up your car with the food and gear, buckle in your Slumber Buddy, snap a quick Bon Voyage photo and wave at you as you drive off into the sunset together. Super simple, right?

### **What if I need to bring them back early or want to keep them longer?**

In most cases that's not an issue, just contact your Shelter point of contact and they'll make arrangements with you.